



September feature – Adapting to Change

We're featuring resources to help you keep pace with and effectively manage stress during times of change—whether you're applying to college, adjusting to a new job, going through a breakup or divorce, facing a big financial change, or missing your best friend who recently moved away.

A wealth of online resources is available to you. See [Adapting to Change](#), this month's feature on our homepage, where you'll find links to articles, a toolkit, and a new infographic. And listen to our new podcast, [Finding Opportunity in Change](#), featuring Mark Malis, head of Global Human Resources at LifeWorks. He talks about why change is often a challenge, and shares tips on how to find opportunity in change at work and in your personal life.

If you're trying to cope with changes or experiencing a life transition, and you could use helpful resources and guidance, contact a consultant today for free, confidential support.

Call LifeWorks any time, toll-free: 1-877-207-8833

TTY: 1-877-371-9978

**Online: www.lifeworks.com or login.lifeworks.com
(username: mbt; password: Performers).**

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